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Philadelphia College and Infirmary of Osteopathy

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Dr. J. M. Smith

THE PHILADELPHIA JOURNAL OF OSTEOPATHY



Vol. VII

Number 1

NATURA MEDICATRIX MORBORUM

JANUARY—1905—FEBRUARY

Special Announcement

Next class matriculates February 1st, 1905, and students will be received in this class up to March 1st. A two years' course of study with the third year optional is required for Degree of DOCTOR OF OSTEOPATHY. The third year becomes obligatory September, 1905. See third cover page for Course of Study

The Philadelphia College and Infirmary of Osteopathy

THIRTY-THIRD AND ARCH STREETS

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Paul, Arthur H., D.O.,
311 Court Exchange Bldg., Bridge-
port.
Riley, Benjamin F., D.O.,
New Haven.
Willcox, Wm. A., D.O.,
47 Prospect St., Waterbury.

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The Marion, Wilmington.

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901 Loan and Trust Bldg.
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1331 F. St., N. W.
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1213 Rhode Island Ave., N. W.
Goodpasture, Carroll O., D.O.,
1640 Nineteenth St., N. W.
Kirkpatrick, George D., D.O.,
Bond Building.
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Washington Loan & Trust Building.
Smith, O. E., D.O.,
817 Fourteenth St., N. W.
Smith, Wilbur L., D.O.,
Washington Loan & Trust Building.
Stearns, Clifford H., D.O.,
817 Fourteenth St., N. W.

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7 Jones St., West, Savannah.

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1010-13 Champlain Bldg., Chicago.

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716 Park Ave., Baltimore.
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708 N. Howard St., Baltimore.
Smith, A. M., D.O.,
120 N. Potomac St., Hagerstown.

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178 Huntington Ave., Boston.
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Trinity Court, Boston.
Roberts, Lucius W., D.O.,
100 Huntington Ave., Boston.
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Springfield.

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128 E. 34th St.; 'phone 760 Madison
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Hotel St. Margaret, 129 W. 47th St.

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16 Central Park, West.
Moomaw, Mary C., D.O.,
231 Central Park, West.
New York Institute of Osteopathy,
500 5th Ave.
Patten, G. Winfield, D.D.S., D.O.,
1268 Broadway, Browning Bldg.;
phone, 3011 Madison Square.
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lock, D.O.,
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3427 Market St.

Bentley, Lillian L., D.O.,
1533 Chestnut St.

Bigsby, Myron H., D.O.,
824 S. 49th St.; Bell 'Phone, Pres-
ton 35-84A.

Burleigh, Edward D., D.O.,
Rooms 618 and 619 Perry Bldg.,
16th and Chestnut Sts.

Campbell, A. D., D.O.,
1524 Chestnut St.

Comstock, Caroline V., D.O.,
1231 Land Title Bldg.; Bell 'Phone,
Spruce 42-57D.

Cromie, George H., D.O.,
1533 Chestnut St.

DeLong and Shaeffer, D.O.,
Perry Bldg., 16th and Chestnut Sts.

Drum, C. P., D.O.,
Weightman Bldg., 1524 Chestnut St.

Dufur, J. Ivan, D.O.,
1016 Real Estate Trust Bldg., Broad
and Chestnut Sts.

Dunnington, R. H., and Margaret B.,
D.O.,
620 Real Estate Trust Bldg.; 'Phone.

Ellis, Thomas W., D.O.,
5236 Vine St.

Finch, J. T., D.O.,
1016 Real Estate Trust Bldg., Broad
and Chestnut Sts.

Frame, I. S., and Elizabeth B., D.O.,
1525 Arch St.

Galbreath, J. W., D.O.,
420 Pennsylvania Bldg., 15th and
Chestnut Sts.

Keene, W. B., M.D., D.O.,
7th floor, Weightman Bldg., 1524
Chestnut St.; Telephones—Bell,
office, Spruce 44-31A; residence,
Preston 53-58X.

Kelly, B. Loxley, D.O.,
902 Pennsylvania Bldg., 15th and
Chestnut Sts.

Leonard, H. Alfred, D.O.,
1231 Land Title Bldg., Broad and
Chestnut Sts., and 1611 Diamond
St. Bell 'Phone.

Leonard, H. E., B.S., D.O.,
Weightman Bldg., 1524 Chestnut St.

Martin, Clara, D.O.,
Mint Arcade, Chestnut and Juniper
Sts.

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724 Real Estate Trust Bldg., Broad
and Chestnut Sts.

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Witherspoon Bldg., Walnut and
Juniper Sts.

McCurdy, Charles W., Ph.D., D.O.,
724 Real Estate Trust Bldg.; Bell
'Phone, Walnut 17-98A.

McGee, James M., M.D., D.O.,
1112 Chestnut St.

Muttart, Charles J., D.O., and Belle
F., D.O.,
303 Mint Arcade Bldg., Chestnut
and Juniper Sts.

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Payne, Charles C., D.O.,
1000 Land Title Bldg., Broad and
Chestnut Sts.

Pennock, D. S. Brown, M.D., D.O., and
Abbie J., D.O.,
624 Land Title Bldg., Broad and
Chestnut Sts.

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1624 Diamond St.

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610 Witherspoon Bldg., Juniper and
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150 W. Cheltenham Ave., Gtn.

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420 Pennsylvania Bldg., 15th and
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610 Witherspoon Bldg., Juniper and
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Chestnut Sts.

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Chestnut Sts.

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4601 Wayne Ave.

Whalley, Irving, D.O.,
1215-16 Land Title Bldg., and 4626
Franklin St.; Bell Phone.

Wolf, Henry G., D.O.,
708 Real Estate Trust Bldg., and
981 N. 7th St.; Bell Phone, Wal-
nut 12-57A.

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724 Land Title Bldg., Broad and
Chestnut Sts.

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385 Westminster St., Providence.

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470 McLaren St., Ottawa, Ont.

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26 King St., East, Berlin, Ont.

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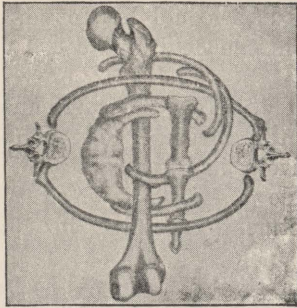
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Koishikawa.

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148 Bath St., Glasgow.



—The— Philadelphia Journal of Osteopathy

Vol. VII.

JANUARY — 1905 — FEBRUARY

No. 1

AN ARGUMENT AGAINST INTOLERANCE.

BY EDWIN MARTIN DOWNING, A.B., D.O.

DURING last July a thousand earnest men and women were for a week assembled in convention at the Missouri State Building of the World's Fair at St. Louis. They wore badges bearing the words: "American Osteopathic Association."

Their papers and clinics showed an intimate acquaintance with the human body. The one thing which distinguished the gathering from a similar conference of medical doctors was that there was no reference to drugging methods. Instead, there was frequent iteration of the word "lesions" (meaning abnormalities of structure), and discussion of the best means to overcome them.

July 12th was officially designated by the management of the Fair as "Osteopathy Day." The evening meeting on that day was held in Festival Hall. Among the speakers were an eminent jurist and a doctor of divinity.

A JUDGE'S OPINION.

The first speaker compared the standing of Osteopathy to-day with the time only eight years ago, when he assisted in the first effort made to secure for it a legal recognition in Missouri.

Then the science was represented by one meagerly-furnished school at Kirksville, Mo. Now nine well-equipped institutions comprise the Associated Colleges of Osteopathy, their locations extending from Boston to San Francisco.

Then only a few scores of Osteopaths could be found. Now there are 3,500 graduate practitioners in the field, and 1,200 undergraduates in the colleges.

Then the course taught was limited. Now the curriculum includes all of the branches given in the medical colleges (except *materia medica*), besides those distinctive to its own practice.

Then little was known of it outside of Missouri. Now twenty-five States have by legislative enactment regulated its practice within their borders.

The judge reasoned that there is substantial truth at the base of a system which has so rapidly developed and broadened, and which has shown such surprising results in curing ailments that have resisted all other forms of treatment.

A CLERGYMAN'S TRIBUTE.

The minister related a striking personal experience.

By association he was prejudiced in favor of drugs and against revolutionary methods of practice. As a curator of the University of Missouri, he had fathered a measure creating the medical department of the University. Later he was elected president of the Board of Trustees of a St. Louis medical college, and remained with that institution for eleven years.

Disease overtook him. He said: "Having passed through an ordeal of affliction for months and months and months, and having gone to the very margin of the silent river to look across its mystic waters, I was snatched from the hands of death by an osteopathic physician. . . . When my life was despaired of by everyone who saw me, my wife, whose life was saved by Osteopathy three years ago, sent for an Osteopath, . . . and from a shadowy-looking fellow I now weigh 187 pounds."

He concluded: "You Osteopaths have the true philosophy of disease and its cure. You treat causes instead of doing what so many of our professional brethren do—treating only symptoms. You have struck the keynote of success."

WHAT IS OSTEOPATHY?

The convention is cited, and these remarks quoted, as pertinent to a consideration of the school of medicine that uses no drugs.

Osteopathy regards the body as an extremely complicated mechanism, its many intricate working parts liable to injury through displacement or pressure.

Osteopathic practice is based on the hypothesis that "a normal flow of blood is health"; that whatever interferes with a natural dis-

tribution of blood is a cause of disease; that such interference is usually due to displaced tissues, and that such displacements may be overcome by manipulation—if behind the hands is scientific knowledge of both normal and pathological structures.

Manual or mechanical treatment is not new. But only in osteopathic practice are structural defects recognized as the essential factor in disease. And only Osteopathy makes adjustment of the structures the dominant feature of treatment.

THE NAME.

The etymology of the name (from the Greek *osteon*—bone, and *pathos*—suffering) signifies but little, and much error and confusion have arisen from it. Medical and other dictionaries have stated that according to Osteopathy all diseases originate in the bones; that only bones are treated; that in osteopathic practice bones are invariably found out of place. Such statements are untrue. The bones are used as levers or as fixed points in administering the treatment, hence the name. True, bones are frequently found out of their normal relations, but the softer tissues are often affected when there is no appreciable “lesion” or irregularity of bones.

In the osteopathic system of etiology (study of causation of disease) more importance is attached to anatomical faults and physiological discord than to external sources of disease, such as bacteria. Broadly speaking, if the body, through proper relations of its structures, can perform all of its functions normally, it is able to resist the invasion of disease germs.

If this be true, disease, which results from lack of natural order, can be eradicated by a process which restores normal relations, and thus permits resumption of ordinary activities.

We may go even further and say that *disease cannot be cured by any other means*. Only as nature, aided or alone, regains structural integrity, can the interruption to health be overcome. We are prone to overlook the fact that the constant tendency of nature is toward the normal—that often people get well without a doctor, and sometimes, perhaps, in spite of one.

That there are certain conditions essential to health no physician will deny. All agree that there must be unobstructed nerve force and blood supply, as well as normal action of all the organs of secretion and excretion.

The best system of healing is that which best helps nature to regain and maintain the activities of the organs by furnishing unimpeded blood and nerve supply. Osteopathy accomplishes this by placing the framework of bones—the skeleton—with its attached liga-

ments and muscles, in such exact adjustment that there is nowhere any pressure or counter-pressure to choke blood-vessels or paralyze nerves. The underlying principle of Osteopathy is *mechanical adjustment*.

DRUGS INEFFECTUAL.

From time immemorial man has sought to oust disease by means of some potion. When sickness was believed to be demoniacal possession or a spell of some sort, such procedure was natural. But it seems strange that drugging continued after men became better acquainted with the nature of disease.

Fifty years ago Dr. Oliver Wendell Holmes said that "the colossal disgrace of medicine" was the spirit which led men to use the contents of the entrails of animals, the poison-bags of venomous reptiles, cankering minerals, and other repulsive doses.

In our day the search goes on for something new to administer. Chemists go to packing-houses for pepsin from hogs' stomachs, for extracts of thyroid glands and of supra-renal capsules of sheep, for blood of steers. They hail with greatest acclaim every new discovery of science as possessing unlimited therapeutic potentialities. The X-ray, liquid air, radium, Finsen's ultra violet ray, and many other agencies have been exploited as being at last the long-sought touchstone of success in medicine, the means to the much-desired end—the transmutation of diseased tissues into healthy ones. Alas, they all fall far short.

Laboratory research in German and other medical centers results in the frequent heralding of new combinations which are demonstrated to produce the chemical changes that will bring health. But, unfortunately, the actual effects in the living tissues of the body are very different from the results obtained in laboratory experiments. The preparation so sanguinely announced yesterday is rejected to-day because it fails to accomplish its purpose. Few drugs used twenty-five years ago are prescribed to-day. It is notorious that text-books on medical practice published a score of years ago are now obsolete, and bring only the price of old paper.

Ever the eager, endless endeavor continues. Always disappointed, but always hopeful, men look for sources of life outside of the body. Yet it has never been demonstrated, nor can it be, that any inorganic drugs add a particle to the patient's strength or vitality. They may stimulate, they may arouse the latent inherent forces, but they cannot increase them. Who can say that the patient is not often worse off from their use when the inevitable reaction comes?

Think you this is strong language? Medical doctors use stronger. Listen!

UNIMPEACHABLE MEDICAL TESTIMONY.

"In the vast majority of the infectious diseases we are helpless to apply a specific cure. Drugs, with the exception of quinin in malaria and mercury in syphilis, *are valueless as cures.*"

The utterance of a fanatic, you say? These words are taken from the address of the president of the American Medical Association, given at its 1903 meeting at New Orleans.

Recently J. Lawrence Hill, A.M., M.D., wrote: "I affirm again that *medicine itself has never cured a disease*, and the sooner we realize this, the better it will be for ourselves and suffering humanity."

In current medical literature hundreds of similar statements can be found.

THE SENSIBLE CONCLUSION.

What, then, shall we do? Follow blindly the customs of the benighted past, or avail ourselves of the knowledge obtained through modern, scientific investigation? The profound truths of science are simple common sense. If you would know the truth, hearken to the voice of nature. Consider the three following statements:

1. The source of the power and energy of the body is within the body itself.
2. The same inherent force that maintains the normal must regain it when lost.
3. By restoring structural integrity, perverted energy can be rightly directed, and lost energy recovered, if recovery is possible.

The only natural conclusion is that Osteopathy, the one system which works exclusively along these lines, is in harmony with nature's laws, and is therefore the true science of healing.

A REASONABLE REQUEST.

Osteopathy asks no special favors. Its present standing has been won by sheer merit. Its future advances will depend on further successes. In mere justice it should be given the same legal protection accorded to the other schools in States which have not yet so recognized it. Opposition to such measures will come from but one quarter. Only certain narrow members of older schools of practice argue against osteopathic legislation. The reasons for their antagonism may be easily imagined. Ostensibly they seek to protect the people. In reality they are animated by purely selfish motives.

The broad, liberal men of the older schools will not be found fighting Osteopathy. They realize that if the eternal truths of nature underlie its philosophy, no amount of opposition can kill it. They know that if it has not the support of truth it will fall of itself.

NO SYSTEM INCLUDES ALL THAT IS GOOD.

Only the highest praise is due to most individual members of the medical profession. They are noble and self-sacrificing men. But the several schools acknowledge their impotence in many forms of disease. They all practice methods which are empirical and irrational. Shall they deny to Osteopathy the privileges they enjoy? New discoveries, new ideas, new methods are everywhere in force. Shall not the new doctrine of anatomical adjustment be legally ratified?



THE SCOPE OF OSTEOPATHY.*

BY J. IVAN DUFUR, D.O.

NEXT to the question of "What is Osteopathy?" there is probably no other question so frequently asked as "What can it do?" Is it capable of curing disease, and, if so, what diseases? Is it applicable to all forms of disease manifestations or to only a certain class? Are its possibilities all that its practitioners claim for it, or has it limitations, and, if so, what are they?

These are questions, the answers to which all require one thing,—a positive proof that Osteopathy is a science, and not merely an outlined system or series of manipulations. In seeking to establish the assertion that Osteopathy is a therapeutic science, it is essential first to define it, and, second, to show that when its principles are applied to diseased conditions, they either prevent disease or relieve it temporarily or permanently, because only by results do we judge. We then come to the question

"WHAT IS OSTEOPATHY?"

No single word or terse expression is capable of completely defining all that is implied in the name of a profession or school.

I am well aware, and so are you, that the term Osteopathy does not adequately convey to the uninformed public all that it should as to the value of the science. It is misleading, and for that reason might be termed a misnomer. "Osteopathy consists of an exact and verifiable knowledge of the anatomy, physiology, chemistry, histology and pathology of the human body applied to the treatment of disease by mechanical methods, or skillful manipulation, the object of these methods being, first, to restore, relieve, replace, or reduce any anatomical derangement, dislocation, or abnormality; second, to remove pressure upon arteries, veins and nerves and so permit perfect circu-

* Extracts from address delivered before the "Neuron Society," Phila.

lation of the vital fluids; third, to promote, by this establishment of mechanical equilibrium, perfect organic action and consequently the proper production within the body organism of the vital chemicals necessary to life."

An analysis of this definition shows, first, that Osteopathy is a drugless science; second, that it views the body as a vital mechanism, whose function is to produce, by organic action from proper food, the vital chemicals necessary for its maintenance; third, that it regards the cause of disease as being any obstruction or interference with the perfect mechanical action of the organism. This being the proposition, how do we apply these principles to the removal or cure of disease.

Every disease, every pain, every disorder, is caused by some obstruction to nature's forces, and when it is removed the disease disappears. This obstruction need not necessarily be a dislocated bone, but may be a hardened or contracted muscle or tendon or ligament, as the result of strain, injury or exposure. There is no waste room in the body, and if one structure is out of place, or is occupying more room than belongs to it, other structures must suffer inconvenience, which becomes evident in some form of pain or disease in some part.

The Osteopathist is an expert in anatomy—a specialist in bodily irregularities either in form or in function. His knowledge of the great natural laws of nerve action enables him to hold the facts and forces of the body at his finger's end, and direct them toward health,—the natural condition.

The human body is a vital machine. If any part of this living machine is out of order, it will necessarily interfere with the work of some of these organs, and as a result the body is supplied with either too much or too little of the chemicals which that especial organ manufactures. An over-supply or a lack of supply of these vital chemicals will cause disease.

Again, these derangements in the body, by pressure on certain nerve centers may so continually excite them that the organs they control are over-worked and expend more energy than they receive. In this way are nervousness and neurasthenia produced. By continual pressure on a nerve these derangements will finally deaden it and produce paralysis because the nerve cannot transmit the impulses it should. By pressure on veins, derangements in the body, such as contracted muscles, can cause the blood to be held in the delicate membranes lining the nose, throat, bronchii and lungs. The continued pressure of this abnormal quantity of blood causes an inflammation of these membranes which is commonly expressed as "a cold." Again, bony displacements or muscular contractions of

any part of the body can bring such pressure on an artery that the organ or area which it supplies with blood fails to receive what it should; its food supply is reduced (for it is the blood in the arteries which contains the nourishment). It is thus that muscular atrophy and other wasting diseases are produced.

Derangements in the body are produced in a multiplicity of ways, such as falls, strains, accidents, exposure, disuse or abuse or occupation, and consist of derangements, mal-alignments or dislocations of any of the bones, contractions of the muscles or tendons, or tension of the ligaments. The one thing absolutely necessary in the permanent cure of disease is the removal of these abnormalities present. Mechanical derangements require mechanical treatment, and if these obstructions are removed, and the perfect circulation of the body fluids and forces re-established, we will again have the original condition—health.

Records covering a period of twenty years show us that Osteopathy has been tried, and with successful results, in nearly all cases where surgery was not necessary; that it cured permanently about 60 per cent. of all cases treated; that 95 per cent. of all were benefited, while in about 5 per cent. no results were obtained. In no instance do we find record of a case where treatment showed any injury. Thus is it proven that Osteopathy is capable of curing disease. But you say

“WHAT DISEASES WILL OSTEOPATHY CURE?”

In answering your question, I shall point you to the one whose voice in the matter bears the weight of authority, none less than the discoverer of Osteopathy, Dr. Still.

Here is what he has to say in his autobiography: “Believing that a loving, intelligent Maker of man had deposited in this body in some place or through the whole system drugs in abundance to cure all infirmities, on every voyage of exploration I have been able to bring back a cargo of indisputable truths, that all the remedies necessary to health exist in the human body. They can be administered by adjusting the body in such a condition that the remedies may naturally associate themselves together, hear the cries and relieve the afflicted. . . . I have *never* failed to find all remedies in plain view on the front shelves of the Infinite.” In this expression we have the authority of the world’s greatest Osteopathic advocate that Osteopathy is applicable in all forms of disease.

In the greater part of what has been said, we have regarded Osteopathy as a curative science only. But there is another field in which Osteopathy is yet young, but in which it is destined to play a

most important part in the not far-distant future. This is the field of prophylaxis, or disease prevention. That disease can be cured without drugs has been proven by Osteopathy, and is now an unquestioned fact. The recuperative powers of the body, when restored to its normal mechanical conditions, are great. But the disease-resisting powers of the body in its healthy condition are greater in proportion to the vitality lost through the ravages of disease. Mechanical derangements in the body by their obstruction to the perfect circulation of the different fluids lower the vitality of the organism and predispose to disease. The correction of these conditions allows the body to regain its vitality and places it in a condition to resist disease. Osteopathy does this, and for this reason will take foremost rank as a prophylactic, or preventative, measure.

While Osteopathy repudiates medication as not only useless, but unscientific and dangerous, it includes any and all reasonable methods for the prevention or cure of disease. It recognizes and practices those principles of hygiene, diet, sanitation, etc., that have been found to be of benefit. To correct the diet of a rheumatic or diabetic individual, or to fumigate a house where small-pox or scarlet fever has been found, are the practice of Osteopathy just as surely as is the correction of a crooked spine or the relaxing of the contracted muscles of lumbago. One action removes the cause of a disease just as much as does the other.



GOOD ADVICE.

The "Philadelphia Evening Bulletin" has lately printed some very interesting and valuable advice on health matters. The following is a bit of logical reasoning: "A sound body and healthy nerves need no medicines. Both are to be found in the fresh air and sunshine. Good food, abundant drinking water, cleanliness and a rational manner of passing the day ought to prepare one for slumber. If the nerves are sensitive, make your home in quiet places. If you are forced to remain indoors the greater part of the day, keep your rooms fresh and cool. There is not one woman in a hundred who drinks enough water, and not one in two hundred who gets as much blessed sunshine and fresh air as she needs. Don't you know that you are better in the summer than in winter? And don't you know why? Because you live outdoors, that is why. And if your winter life was so care-free and natural you would need no medicines. You would not even need the harmless warm drink you take as a night-cap. Nature has her own ways of governing us, but we are stupid in not imitating them when she is not within call. Drugs, forsooth! We have no need of them."

ONE REASON WHY OSTEOPATHY DESERVES LEGISLATION IN THE STATE OF PENNSYLVANIA.

BY W. B. KEENE, A.B., M.D., D.O.



ONE of the foremost reasons why Osteopathy should be recognized by legislation in our great State of Pennsylvania is that it has risen to the dignity of a science and an art, and is daily demonstrating through its many practitioners in nearly all quarters of the globe its efficacy in healing disease. This statement can be substantiated by thousands of people in all walks of life, who have been relieved and cured of their infirmities through the application of Osteopathic art. There is hardly an Osteopathic practitioner who has been in the field for a sufficient period that cannot produce from the list of his patients names of prominent men, representing all the learned professions, not omitting the names of medical physicians and members of their families who have sought relief outside of the *materia medica*. So grateful are the majority of these people who have experienced relief in Osteopathy, that many have volunteered, if necessary, to personally interview our legislators in order to convince them of the great efficacy of Osteopathic measures. Such relief has often resulted after a bitter and untiring trial of many drugs under as many physicians, and this fact has won for our science the innuendo that "Osteopathy is the court of last resort." What we Osteopaths want to show to the suffering public is, that Osteopathy is not the "court of last resort." We desire to demonstrate that many acute cases of disease have oftentimes been amenable to Osteopathy, and are amenable to this science, when drug means have utterly failed. We desire the legislature of Pennsylvania to give us the right to demonstrate that Osteopathy can relieve and cure acute diseases. In those States where Osteopathy has been legalized, statistics show that proportionately there are more fatalities under drug administration in the same variety of cases than under Osteopathy. Take typhoid fever, for example. In this very common and fatal disease it is a well-established fact that much more depends upon proper nursing and diet than upon administration of remedies. This is the prevalent opinion of experts and authorities in the medical profession. Now, taking this for granted, what remains to be done for the patient besides proper nursing and indicated diet? Among the medical profession it has been found that the administration of antiseptics with a view of exterminating the causative germ is of no avail, for the reason that if administered in sufficiently strong doses to kill the germ, the patient will

succumb before the germ. Osteopathy proposes that the organism has inherently the power to kill the germ without killing the patient, and at once resorts to the mechanical liberation of nature's antiseptic, the human blood. No scientist can deny the fact that no germ, however virulent, can long exist in human blood freely circulating in the system. The writer himself recently, from overwork and exhaustion, fell a victim to typhoid fever, and can testify from his own experience of the extreme relief from the usual symptoms and prevention of usual complications afforded by Osteopathy. As the results could not be better or more practically demonstrated than in my case, I appeal to you, Mr. Legislator, if this is not sufficient evidence of the efficacy of Osteopathy in an acute case. The Osteopathic practitioner who so ably and skilfully attended to my case was not protected by the laws of this Commonwealth, and if a fatal termination of my case had ensued it would have been a coroner's case, had a medical physician not been called for protection.

Now, Mr. Legislator, do you not think that Osteopathic practitioners deserve protection from our great State, harboring thousands of sick people, who are themselves clamoring for the privilege of engaging practitioners of whatever school that they see fit to employ, without undergoing the risk and notoriety of a coroner's inquest. Indeed, it is not protection for the individual practitioners that we are craving, but for the public at large, and we think that any person has the constitutional right to employ any school to heal their infirmities that in their judgment has sufficient merit. It is our sincere desire to purge our ranks of all charlatans, pretenders and parasites, and we therefore appeal to you, Mr. Legislator, to enact laws requiring the presentation and registration of proper and qualified credentials of each and every Osteopath who desires to practice his profession in this great Commonwealth. It is our sincere desire to prove to the world that we are properly qualified to enter into the great responsibility of administering to the sick. We are desirous and most anxious to undergo all the examinations in all branches of the healing art (except materia medica and major surgery, in the place of which we substitute the principles and practice of Osteopathy) that our medical brethren undergo. We do not ask this Commonwealth to permit us to practice until we have proven that we are fully qualified, and we ask you, Mr. Legislator, to give us the chance to show our qualification. Is this an unjust or unfair request? Answer this question, Mr. Legislator, by balloting according to the dictates of your conscience, and we shall be safe in predicting what the issue will be.

"COMMENCING."

GENE M. COFFEE, JAN., '05.

(Philadelphia College of Osteopathy.)



IN the realms of science the chemist can reduce to the several elements the complex compounds which surround us, the anatomist can dissect and differentiate the delicate parts of man, the entomologist can separate and classify the insects which sometimes trouble us, the bacteriologist can insolate bacilli and cocci; yea, the vivisectionist can even take from the beast the still throbbing heart and watch the phenomena it presents, *et cetera, ad infinitum*, but who can analyse the heart of man, or tell his secret thoughts? Or, a harder one, who knows the workings of a woman's cerebellum?

What thoughts and ambitions actuated those about to step forth into the arena of life, when, four terms ago, the enrollment application was signed and the college doors swung open for the first time to admit the embryo Osteopath? What was the *motif* behind the act? Each must answer for himself or herself. Have the hopes been realized, the expectations met? Again, each must answer individually. Or, rather, each one has been answering the question every day. Let the faculty be ever so good, the equipment ever so complete, the burden still rests upon the student, and the stock in trade the seniors have to-day, in exchange for money and time invested, depends very largely upon the application and concentration brought to bear upon the work as presented.

And what have we (I speak as a senior) to-day more than when we entered the Philadelphia College of Osteopathy? And what is expected of us more than was expected formerly?

The sea of knowledge is so vast that one's progress upon its bosom is hardly noticeable, unless a trial balance is taken at times, and comparison made with former attainments.

First, we have been enabled to obey the injunction, "Know thyself." Of all organisms and machines, what more complex than man? And if we have availed ourselves of opportunities, we should know him from the marrow of the bones to the tip of the longest cilia; we should know the changes, physiological and pathological, apt to take place from conception until dust returns to dust. Well worth a few years' study, think ye not? Even more, we know the theory, have seen and experienced the practice, of correcting pathological processes, of helping, of curing the pathos, the suffering of our fellows. Can aught be higher in man's work? "Greater love hath no man than this, that a man lay down his life for his friends."

Granted all of this; granted we know and have known, what then? Of him to whom much has been given much will be expected. Just at this time, when the full quota of strength and enthusiasm are needed, when a fresh grip must be taken upon the duties of life, what an inspiration it is to think we have a vocation, a calling, a place in the affairs of men, a place of honor and of helpfulness. The opportunities are vast, the need is pressing, and before the Osteopath, "new" or "old," stretch great, fertile fields for his or her endeavors, and the world is willing to pay well those who can help lift its burdens, and with the paying will come a blessing, and down deep in the heart of the helper will flow the stream of content, and the song of happiness will ever rise.

To work! to work, then, ye Osteopaths fresh on the field! Slowly, carefully, thoughtfully, *persistently* do that which ye have the power to do, for ye are Osteopaths, and Osteopathy is right! and right will win the day! With coursing blood and high spirits, a cheer on the lips and a light in the eye, forget the "sweet bitterness of parting" with former comrades, and be masters of men, able to lead to health and happiness those who seek your aid. Truly, the need is great, but Osteopathy is greater!



COLLEGES OF OSTEOPATHY.

The first school for the teaching and promulgation of the principles of Osteopathy was opened by the founder of the science in 1892. From the first, almost, a two-year course of study of twenty months was taught. Several schools have extended the curriculum to three years of twenty-seven months, a three-year training being required for certification in eight States. There are to-day nine schools recognized by the American Osteopathic Association:

1. The Pacific College, at Los Angeles, California.
2. The California College, at San Francisco, Cal.
3. The American School, at Kirksville, Mo.
3. The Still College, at Des Moines, Ia.
5. American College of Osteo. Medicine and Surgery, Chicago.
6. The Southern School, at Franklin, Ky.
7. The Atlantic School, at Buffalo, N. Y.
8. The Philadelphia College and Infirmary, Philadelphia.
9. The Massachusetts College, at Boston.

The total enrollment for the last collegiate year in all the Osteopathic colleges was 1,665, outranking the Homeopath and the Eclectic. The whole number of regularly graduated physicians approximates closely 3,500.

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THIS, the first number of Volume VII., represents practically the first number of the JOURNAL issued under the new management. We have made some radical changes. The size has been reduced to magazine form, the number of pages has been increased to thirty-six, and a new cover page has been adopted. While the JOURNAL is issued under the auspices of the Philadelphia College, yet it is a journal for the advancement of Osteopathy. Its teachings will be presented in a way which will interest both practitioner and patient. We will endeavor to maintain a strictly high-class magazine in every respect—a journal, typographically and editorially, the best. May we merit your hearty support.



PROPER ATTITUDE OF MEDICOS.

Our proper attitude toward Osteopathic practitioners is a matter worthy of more thought. It will scarcely do to dispose of them by calling them quacks, for some of them are not. With pretenders we, of course, can trace no sympathy; but what shall we do with a man that thoroughly grounds himself in anatomy, physiology, chemistry and allied branches, who masters the human body in health and in disease, and who then starts out to conscientiously treat all patients by manipulation? Can we brand him a quack? No! Upon the question of therapeutics he has an inalienable right to think and do as he pleases. As Homœopathists we base our claim to legal existence upon this very right. How can we deny it to others?—Editorial in "Minneapolis Medical Journal."

OSTEOPATHIC LEGISLATION.

AN effort to secure new legislation and to amend existing statutes regulating the practice of Osteopathy will be made in several States this winter. From Washington to North Carolina, from Texas to Massachusetts therapeutic argument will wax warm before the State Legislatures. In several States the existing medical laws are so interpreted and enforced as to work great hardship upon Osteopathic practitioners, while in other States the present statutes protect neither the practitioners nor the people.

In Pennsylvania there is no law applicable to osteopathic practice, except that made by the courts, wherein Osteopathy is held not to be the practice of medicine.

We believe the time has arrived for the Osteopathists in the State to get together and demand their just rights before the Legislature. We should spare no effort, leave no word unsaid, permit no member of the House or Senate to lack of a knowledge of the essential principles of our science and its successful practice. Personal interviews, appeals by letter and literature should be set in motion. The 200 Osteopathists in this State, with a constituency of 100,000 or more, should be a powerful force in this campaign, if rightly directed. The people are calling for protection from the "irregular and incompetent" in our profession. Let us sustain this demand.

A law asking no favors, but requiring high standards of preparation and graduation, thorough scholarship, and efficient clinical training of each practitioner,—a course of study of not less than three years of nine or ten months each, equal to the requirement in point of months of the American Medical Association,—should meet with favor and make a rapid transit through the legislature. Surely, commensurate with our professional work, equipment, progress and constituency, we are entitled to distinctive recognition and regulation.

The schools are being placed upon a high plane of equipment and proficiency. The Philadelphia College will present a three-year course of study, beginning September, 1905. A good law will benefit both the college and the practitioner. Law secures uniformity of qualification and elevates the standard and dignity of the profession. Let us stand together for its consummation.

We should have a separate examining board, co-ordinate in power and function and privileges with the other schools, allopathic, homœopathic and eclectic, and be fully protected in our right to prepare ourselves and to prosecute our profession in accordance with our own theories of practice as interpreted and enforced by the associated colleges and the national association. Success comes to the brave who persistently ask, and ask aright.

MEDICAL FACTIONISM.

THERE is no denying it that within the ranks of the medical profession there is still the rankest intolerance. Of course, we Osteopaths can afford to ignore such sporadic outbreaks of splenic vituperation, for example, as appeared in a recent editorial of the "Pennsylvania Medical Journal." To diagnose the mental state of such an editor as Megalocephalitis would be charitable. There is a total absence of all ethical consideration in such "stuff." Of Osteopathy this Dagon of the tripod said, it "should meet its demise immediately after its illegitimate birth; in fact, abortion should be performed before the thing is viable." We pity the mental condition of the man who has become hardened in such criminal malpractice. Osteopathic physicians can afford to be gentlemen in their speech and behavior. There is no argument in calling hard names. We simply commiserate the cause that inspires such writing. It is too late for hatred to try to villify Osteopathy. It has secured its place in the law and jurisprudence of the land, in the definitions of dictionaries, in the elaborations of encyclopedias, in current magazine literature, in the earnest talk of the people, in the grateful likes of the sick and suffering, in the liberality and loyalty of millions of the American people, in the respect of multitudes of educated physicians, and in the scientific and educational literature it has sent broadcast over the country. Scholarship is acquaintance with current thought. Education is appreciation of scientific progress. Culture is conformity to accomplished ideals. We commend these gentle graces to the editor of the above medical journal.

MASON W. PRESSLY, A.B., Ph.D., D.O.



CHOICE OF A PROFESSION.

There is no grander field before the public to-day than the practice of Osteopathy. It is not only the most efficient therapeutic method known, but its possibilities in prophylaxis seem almost unlimited. To the aspiring young man or woman, well educated, possessed of good health and personality, who wishes to dedicate his energies and best thought to the healing art, there is no better opportunity to enter a profession.

Osteopathy is an exact therapeutic science, since it rests upon the fixed laws of nature. Its dictum is that disease is due to abnormality in structure, in function, or in both combined.

Simple in its concept of the human mechanism, its principles are easily comprehended; no inexplicable steps in its reasoning; but it

lays down the principle to which all physicians of whatever school and the scientist will subscribe: Normal condition of nerve supply and circulation give health; variation from this leads to disease.

Osteopathy appeals to the trained and cultured mind, and in its ranks as teachers and practitioners are to be found the ablest of men. Having truth as its goal and no fast, hard tenets to arrest its progress; no blight of serum dogma to weigh it down, or wild search after the impossible in chemical compounding, its devotees in school and in the field are enthusiastic supporters of its principles.

Again, what Osteopathy can do for the human family through gestation, parturition and childhood until perfect manhood and womanhood is attained is the most hopeful and grandest possibility of the science; and it will work wonders in building up the body in physical power commensurate with other faculties.

In methods of diagnosis and treatment Osteopathy differs so radically from the other schools of medicine, the two may not be combined successfully in practice, for it is the keen perception, thorough knowledge of structure, clear reasoning and trained touch, that are so essential to correctly differentiate between the normal and abnormal structure, that make for successful practice, and which will yield its reward from grateful hearts and in generous remuneration.



AS IT MIGHT HAVE BEEN.

In a recent article, "The Physician and Some of His Mistakes," which appeared in the "Medical Brief," B. M. Jackson, A.M., M.D., LL.B., makes some remarks worthy of consideration. We quote the following: "It is said that 'the greatest enemy of man is man himself,' and there is a world of truth involved in this statement. It is clearly demonstrated by many modern conditions, and particularly such as are political in their nature. For instance, when an intellectual giant warns the masses to read history and profit by the mistakes of their ancestors, the politician only has to shrug his shoulders and say, 'Oh, he is a crank,' and this single word is a sufficient 'argument' with the masses; hence, they disregard the warnings of the former, and invariably follow the latter. The consequence is that the masses are their own enemies, and ever find themselves fettered with chains and in goals.

"When Dr. A. T. Still declared that manipulations or rubbing will relieve or cure certain abnormal conditions, whereas medicine will not, a few physicians advised the medical fraternity to investigate his claims, and others called him names. The consequence was

that the greater number of physicians followed those whose minds were not receptive, and instantly commenced to make war on Dr. Still personally, his disciples in particular, and Osteopathy in general. To-day Osteopathy is an independent profession, and physicians look on and witness the immense number of its followers, which, of course, is an immense loss to the physician. Had the mass of physicians followed the advice of the intellectual among them, they would have appropriated to their own use the claims of Osteopathy, the truth of some being capable of demonstration. 'There is no doctrine so false as not to contain in it some truth,' is a wise and true proverb, and had not the few original disciples of that school been prosecuted for practicing 'medicine' without a license, it would not have been possible for Osteopathy to claim recognition as an independent school, with an attendance in 1903-1904 of nearly two thousand students."



COMMENCEMENT.

The mid-year commencement week for the January class of 1905 promises to be especially interesting and helpful to the cause of Osteopathy in Philadelphia and vicinity. It is the first formal mid-year graduation, and the college authorities are interested in its success.

The Rev. Joseph Wilson Cochran, D.D., will pronounce the baccalaureate address in College Hall, Sunday evening, the 22d. This will be followed by the semi-annual installation of officers and reception by the Neuron Society, Monday evening; Class Day, Tuesday evening; Alumni banquet, Wednesday evening, and graduating exercises Thursday, at 8 p.m., in Griffith Hall.

E. H. Booth, Ph.D., D.O., of Cincinnati, former president of the American Osteopathic Association, has been secured for the commencement address. The doctor is one of the foremost writers and speakers in the profession, and we anticipate his coming with pleasure. The faculty, alumni, and members of the city association will extend him a banquet and other courtesies during his stay among us.



Dr. William H. Jones, of the Michigan Sanitarium of Osteopathy, at Adrian, is gaining quite a reputation in the cure of cases of locomotor ataxia. One case, manifesting all the characteristic symptoms of advanced ataxia, was cured in sixty days. The doctor expects to give his method of treatment to the profession after making more extended observation on the disease and its cure.

NERVE REGENERATION.

"In the regeneration of mixed nerves," says Landois, "sensation returns first, then voluntary muscular movement, and finally movement or irritation of the motor branches. The recovery of nerves takes place at first slowly, then somewhat more quickly, and finally again more slowly." The rate of regeneration is about one centimeter per week, and hence the repair in the affected nerves requires a long time, especially if these nerves are the long ones to the hands and feet. In this we have an explanation why recovery in nerve troubles is often slow and tedious.



In "Some Medical Philosophy," a prize paper in Merck's Archives," W. C. Cooper, M.D., gets at the heart of things as follows:

"There are a number of axioms underlying therapeutics which are as inflexibly true as those fundamental to mathematics. Thus:

"1. No morbid effect can be dissipated except by a removal of its cause.

"2. What will make, or tend to make, a well man sick will make a sick man sicker.

"3. Medicine is medicine, food is food.

"4. Each drug has a specific affinity (kindly or not) for a particular nerve center. (A fairy tale.)

"5. A drug, to be remedial, must not, at least in the long run, oppose natural reparative effort.

"6. A drug's capacity for doing good, when indicated, is invariably less than its capacity for doing harm when not indicated.

"7. A drug is double-edged, so that, however much it may cut in the right direction, it will cut some in the wrong direction.

"8. There is no such thing as a drug tonic; drugs are heterogeneous to the animal organism.

"9. Hygiene is the big brother of drugs, physiology being included in this branch."



"BORROWED PLUMAGE WITHOUT TRADEMARKS."

"We notice a sprinkling of editorial paragraphs borrowed from 'Osteopathic Health' without due credits in a recent number of the PHILADELPHIA JOURNAL OF OSTEOPATHY. Tune up your editorial ethics, Brother Editor."

The above editorial appeared in the December issue of the "Osteopathic Physician." We refrain from replying, as we believe Brother Bunting has since *restrung* his fiddle and will play a different tune in the next "O. P."

YE BOOK REVIEWS.

Have you read the "Confessions of an M.D." ? It is good. It will make you laugh and think. It is quaintly written, and its telling hits, droll humor, intermixed with anatomical facts, Osteopathy, human nature and sensible advice, will refresh the hard-worked Osteopathist between calls. The book consists of a series of fifteen lectures to his son by Percival Q. Jones, M.D., demonstrator in anatomy in a St. Louis medical college. Dr. Jones belongs to the broad-gauged variety, and thinks more of curing his patient than of the ethics of his school, and so gets into trouble with his brother physicians and his colleagues on the faculty, who cite him for trial. Letter thirteen will convince the most skeptical of the saving grace of Osteopathy. The author, Elmer D. Barber, D.O., of Kansas City, Mo., has put out an attractive book for the holiday season, containing 230 pages, in cloth. The price, \$1.15, makes it possible for every physician to have a copy on his office table, where it will do good missionary work among his patients.

* * *

There has been placed upon our desk a "Text-book of Human Physiology," by Dr. L. Landois, director of the Physiological Institute in the University of Griefswald. It is the tenth revised and enlarged edition of this famous work, and is edited by Dr. A. P. Brubaker, Professor of Physiology and Hygiene in the Jefferson Medical College, Philadelphia. The book has gone through as many German editions, and has been translated into Russian, Italian, French and Spanish since it was placed before the student world.

The work is a masterpiece in its conception and in its scientific and exhaustive treatment of the great theme of human physiology. Not an important subject is omitted, and the arrangement and typography are as nearly perfect as can be made. All sections of the book have been subjected to extensive revision in this edition, embodying results of most recent investigations. Nothing like as complete and masterful physiological discussion is extant, and hence to the student and physician it is indispensable. The book contains 1,000 pages, nearly 400 illustrations and is for sale by P. Blakiston's Son & Co., Philadelphia.

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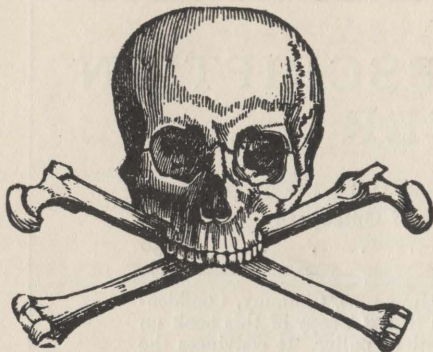
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